

*Amendments to the Claims:*

Please amend the claims as set forth below.

Listing of Claims:

1-31. (Cancelled)

32. (New) A lumbar support mechanism comprising:

a frame member being flexible through a range of flexion, said frame member having an upper portion and a lower portion;

an adjustment device operatively engaged with said upper portion and said lower portion of said frame member such that adjustment of said adjustment device varies said flexion; and

two tongue portions, said tongue portions being disposed in opposite directions, said tongue portions being defined by slots in said frame member and having a tongue resilience,

wherein said tongue resilience remains substantially unchanged through said range of flexion of said frame member.

33. (New) The lumbar support of claim 32 wherein said frame member has a variable resilience.

34. (New) The lumbar support of claim 33 wherein said variable resilience varies through said range of flexion such that increased flexion stiffens said variable resilience of said frame member.

35. (New) A lumbar support mechanism comprising:

a frame member being flexible through a range of flexion, said frame member having a variable resilience, said variable resilience varying through said range of flexion such that

increased flexion stiffens said variable resilience of said frame member, said frame member having an upper portion and a lower portion;

an adjustment device operatively engaged with said upper portion and said lower portion of said frame member such that adjustment of said adjustment device varies said flexion; and

a plurality of tongue portions, at least two of said tongue portions being disposed in opposite directions, said tongue portions having a tongue resilience,

wherein said tongue resilience remains substantially unchanged through said range of flexion of said frame member.

36. (New) The lumbar support of claim 35, wherein each of said tongue portions is defined by a slot in said frame member.

37. (New) A lumbar support mechanism comprising:

a frame member being flexible through a range of flexion, said frame member having a variable resilience, said variable resilience varying through said range of flexion such that increased flexion stiffens said variable resilience of said frame member, said frame member having an upper portion and a lower portion;

an adjustment device operatively engaged with said upper portion and said lower portion of said frame member such that adjustment of said adjustment device varies said flexion; and

a plurality of tongue portions, at least two of said tongue portions being disposed in opposite directions from one another and oriented vertically, said tongue portions having a tongue resilience,

wherein said tongue resilience remains substantially unchanged through said range of flexion of said frame member.

38. (New) The lumbar support of claim 37 wherein said tongue portions are defined by a slot in said frame member.

39. (New) The lumbar support of claim 38 wherein said plurality of tongue portions is two tongue portions.

40. (New) The lumbar support of claim 38 wherein said slot is an open polygon.

41. (New) The lumbar support of claim 38 wherein said slot is an open curve.

42. (New) The lumbar support of claim 38 wherein said slot is a combination of an open polygon and an open curve.